

STAIRS & HANDRAILS

**Stairs have their ups and downs –
do not let them trip you up!**

Here are some things to keep in mind...

Walk each step – and **ALWAYS** use the handrail.



Do not skip steps, and **NEVER** run.

Do not miss a step and slip when moving down.



Do not catch a lip and trip when going up.

Check each step, and watch for uneven steps.



Make sure you see where you are going,
if you are carrying a load.



ALWAYS keep one hand free for the handrail.

For ourselves and each other...

let's take care on each stair.